## FIT EXPLORER MISSION LOG

Your Mission: **Do a Spacewalk!** 

My goal for this week:

Date	Activity Details	How I Felt	Activity Completed	Research Completed	What I Learned	Research Topics:			
						☐ coordination			
						☐ muscles			
						☐ extra vehicular activity (EVA) or spacewalk			
						astronaut space suits			
						☐ bear crawl			
						☐ crab walk			
						Did you meet your goal this week?			
						☐ Yes ☐ No			
	List observations on improver	ments for the week:	Activity Total:						

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